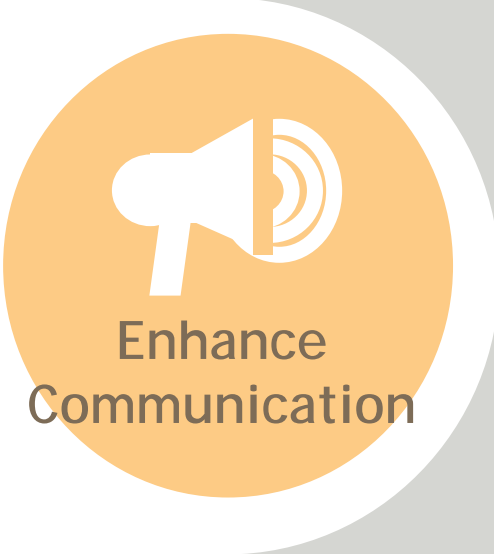
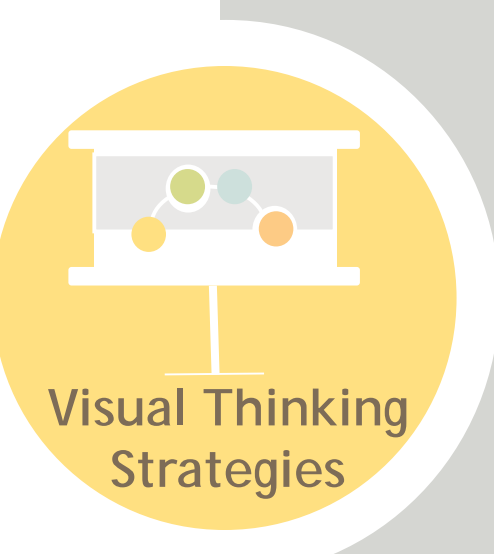


# Art & Medicine

## Enhancing Interprofessional Collaboration and Communication with Art



### What is Art & Medicine?

Art & Medicine is a 4-session interprofessional dinner and discussion program with a mission - to improve visual thinking strategies, encourage collaboration and enhance team communication.

### Which departments participated in this program?

- Finance
- Information Services
- Medical Education
- Nursing
- Pharmacy
- Physical Therapy
- Professional Development
- Radiology
- Spiritual Care
- Security

100% of surveys indicated that participation in Art & Medicine had a medium or large influence on imagining other people's perspectives



93% of surveys indicated that participation in Art & Medicine had a medium or large influence on communication with colleagues



79% of surveys indicated that participation in Art & Medicine had a medium or large influence on engagement in their work



### SESSION THEMES

#### Perception, Description, Listening and Communication

Drawing from clues; Visual Thinking Strategies with an emphasis on paraphrasing; "blind" contour drawing which requires extended focused looking.

#### Empathy and Understanding

Visual Thinking Strategies with an emphasis on seeing through each other's eyes; looking at difficult subject matter; poetry and writing activities which delve into emotional responses.

#### Cultural Awareness

Examining and sharing responses to photographs and objects from other cultures.

#### Complexity, Synthesizing and Interpreting

Visual Thinking Strategies with a focus on comfort with uncertainty or multiple interpretations, and the fallibility of first impressions; strategies for dealing with overwhelming information: lists, map-making, discussion.

### SESSION ACTIVITIES

- VTS – Visual Thinking Strategies
- Reflective writing
- Contour drawing
- Sculpting
- Drawing from clues
- Map making
- Tableaux Vivant
- Evening at the Portland Museum of Art

"It has led me to the conclusion that there is much possibility to enhance employee wellness through the experience of art, as well as patient experience"

### What participants are saying...

"I realize now – how important my ability to describe what I am seeing and to present a precise reflection of my thinking"

"I loved being pushed out of my comfort zone. Eye-opening. Using different part of my brain."

"Really opened my eyes – a way of developing skills to tolerate uncertainty."

"It has given an appreciation for other ways of looking at things"



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"It has helped me to understand how to better explain concepts and listen actively"

"[I] realized there is so much more to a situation – beyond the surface. You see so much more, the more you look at a situation"

"Each class didn't end at 7:30 – this course provided me with a full 2 weeks of reflection until the next meeting"

"...art can elicit a deep emotional response and healing is an emotional process as well as physical."

"It has helped me to understand how to better explain concepts and listen actively"

 **Maine Medical Center**  
MaineHealth

*In partnership with the Portland Museum of Art*